

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
11:15–12:30	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 4)
12:30–13:30		LUNCH
13:30–13:35	FE-1	IMS auto import/export
13:55–14:10		Private family conference (<i>S-band</i>)
15:30–15:45	FE-1	Private psychological conference (<i>S-band</i>)
15:50–16:20	CDR	Maintenance of COЖ
16:20–16:25		Calldown of CBO water supply status
16:25–16:30		Calldown of CП counter status
16:45–18:15		Physical exercise (TVIS-4)
17:00–18:15	FE-1	Physical exercise (RED)
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30	FE-1	Daily food prep
20:00–20:15	CDR	
20:15–20:30		Private family conference (<i>Ku+S-band</i>)
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities.

End of radiogram